



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

A Community Education Program supported by the
North St. Paul-Maplewood-Oakdale, South Washington County,
Roseville, White Bear Lake and Mahtomedi School Districts

TRIPS

Maplewood North Fire Station Tour

Go behind the scenes at the Maplewood North Fire Station! Explore fire trucks, meet firefighters, and learn fire safety tips. Free event—registration required.

Thu, Jul 31 FREE

6:30 - 7:30 p.m. CBNT2

Maplewood North Fire Department

**Disney's Mary Poppins**

Join us for a magical evening as Mary Poppins takes flight! ASL interpretation is available. Bus leaves and returns to Gladstone Community Education Center.

Sat, Jul 19 \$15

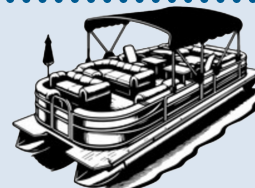
5:30 - 10:30 p.m. CBNT1

Como Lakeside Pavilion

**St. Croix Pontoon Ride – Prescott/Hastings**

Hastings Rivertown Fishing offers relaxing trips for seniors, veterans, and individuals with disabilities. Trips are limited to 10 participants—register early!

Special July Trip: St. Croix Pontoon Ride & Fishing! Life jackets and fishing supplies are provided.



Date	Time	Location	Course Code	Cost
Wednesday, Jun 25	1 - 3 p.m.	Miss-Croix Yacht Harbor	CBSR2A	FREE
Tuesday, Jul 15	10 a.m. - 12 p.m.	Miss-Croix Yacht Harbor	CBSR2B	FREE
Tuesday, Aug 5	10 a.m. - 12 p.m.	Miss-Croix Yacht Harbor	CBSR2C	FREE



CULINARY

**Cooking with Jordi: French Madeleines**

Learn to bake Madeleines, delicate sponge cakes with a signature shell shape, originally from Northeastern France.

Thursday, Sep 25 \$15

6:30 - 8:00 p.m. CBNC1

John Glenn Middle School, 284

**CHANGES AND CANCELLATION POLICY**

All Community Bridge events are subject to change or cancellation. If an event is canceled or significantly altered, registered participants will be notified via our Facebook group, email, and/or phone. In the event of a cancellation by Community Bridge, a full refund will be provided. If the event location is changed but remains on the original date, no refund will be issued. Participants who need to cancel their registration before the specified cancellation deadline may call (651) 748-7250 to receive a full refund. Unfortunately, Community Bridge cannot issue refunds after the cancellation deadline listed in each event description.

ART

Fused Glass – Decorative, Delightful Plant Stakes



Add a splash of color to your garden with fused glass plant stakes! Design two unique pieces using pebbles, stringers, murrinis, dichroic glass, and frit. No experience needed! Finished pieces will be fused after class and ready for pickup in 6-9 days.

Wednesday, Jun 11 \$25
6:30 - 8:30 p.m. CBNA1
Skyview Middle School, 804

Free Form Art



Explore your creativity with a variety of supplies! Paint, make greeting cards, create clay sculptures, or design jewelry with beads. The possibilities are endless!

Tuesday, Sep 9 \$15
6:00 - 8:00 p.m. CBRA2
Anpétu Téca Education Center

Purple Moon



Paint a breathtaking scene of a lone tree silhouetted against a glowing full moon. Join us for a relaxing, creative experience!

Wednesday, Sep 17 \$15
6:00 - 7:30 p.m. CBWA1
WBL District Service Center



Rock Painting

Turn ordinary rocks into miniature masterpieces!

Tuesday, Jun 17 \$15
6:00 - 8:00 p.m. CBRA1
Anpétu Téca Education Center



Bastille Day Fireworks Painting

Celebrate Bastille Day—La Fête Nationale—with a fireworks-inspired painting class! Use everyday household items as unconventional brushes to create unique textures and effects. All supplies included. Enjoy a glass of French lemonade as you paint!

Thursday, Jul 10 \$15
6:30 - 7:30 p.m. CBNA2

Gladstone Community Education Center, 107A

RECREATION

BINGO Nights (Tuesdays)

Enjoy classic BINGO and win prizes!
6:00 - 8:00 p.m. \$9/session
Anpétu Téca Education Center



June 10	July 22	Aug 5	Sep 25
CBRR1A	CBRR1B	CBRR1C	CBRR1D

Bingo with Coach Amy (Wednesday)

Did you receive a thoughtful gift but you will never use it? Feel free to bring it in as prize for the prize table.

Wednesday, Jul 9 \$15
6:00 - 7:30 p.m. CBWR1
WBL Senior Center

Beginner Pickleball Lessons (Wednesdays)

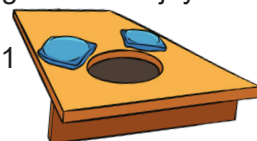
Discover pickleball, meet new friends, and enjoy fun, friendly matches!

Wednesdays, Jun 11 - 25 \$30 (3 Sessions)
6:00 - 7:30 p.m. CBNR2
John Glenn Middle School, Tennis Courts

Outdoor Grilling & Games (Wednesday)

We'll bring the grill and hot dogs—just come hungry and ready for yard games! If the weather doesn't cooperate, we'll move indoors with plenty of fun games to enjoy.

Wednesday, Jun 11 \$12
6 - 7:30 p.m. CBSR1
District 833 Program Center



Learn to Kayak (Mondays)

Gain confidence in a beginner-friendly kayaking class. Includes kayak, paddle, and life jacket. Caregivers who wish to kayak must register.

Monday, Jun 23 \$25 (1 Session)
CBNR1
Monday, Jun 30 \$25 (1 Session)
CBWR2
5:30 - 7:00 p.m.
Silver Lake Beach

Blank Slate (Tuesday)

Will you be the 1st person to earn 25 points? Try to match just one other player as you fill in the blank.

Tuesday, Aug 19 \$9
6:00 - 8:00 p.m. CBRR3
Anpétu Téca Education Center

Open Mic Night & Ice Cream (Thursday)

It's your time to shine! Share a joke, a funny story, a favorite souvenir, or even a song or dance. Grab the mic or just enjoy the show—no performance required!

Thursday, Aug 28 \$10
6:30 - 7:30 p.m. CBNR3
Gladstone Community Education Center, 105

Family Fued (Tuesday)

Can you guess what the survey says? Join us as we play this popular game show.

Tuesday, Jul 8 \$9
6:00 - 8:00 p.m. CBRR2
Anpétu Téca Education Center



Evening Campfire at Carpenter Nature Center(Tuesday)

Enjoy a cozy campfire, a short nature hike and delicious s'mores while learning about local wildlife from a naturalist.

Tuesday, Sep 23 \$10
6:30 - 8:00 p.m. CBSR3 Carpenter Nature Center

EXERCISE

Adaptive Chair Yoga (Mondays)

Gentle, relaxing chair yoga for adults with cognitive or mobility challenges. Instructor Gil will guide you through stretching and breathing exercises.

Caregivers, please accompany those needing support.

Mondays, Sep 8 - 22 \$15 (3 Sessions)
6:30 - 7:30 p.m. CBNE1

Gladstone Community Education Center, 109

Gym Games with Coach Amy (Thursdays)

Join us for exciting gym games! Play for one night or all three. Sign up for all 3 nights for just \$25!

Aug 7	Nine Square	6 - 7:30 p.m.	CBWE1A	\$10
Aug 14	Volleyball	6 - 7:30 p.m.	CBWE1B	\$10
Aug 21	Open Gym	6 - 7:30 p.m.	CBWE1C	\$10
all three ↑	Bundle	6 - 7:30 p.m.	CBWE1D	\$25

Central Middle School, Gyms E & F

LOCATIONS

Anpétu Téča Education Center – 1910 County Road B West, Roseville, MN 55113

Carpenter Nature Center – 12805 St. Croix Trail S., Hastings, MN 55033

Central Middle School – 4857 Bloom Ave, White Bear Lake, MN 55110

District 833 Program Center – 8400 East Point Douglas Road S., Cottage Grove, MN 55016

Gladstone Community Education Center – 1945 Manton Street, Maplewood, MN 55109

John Glenn Middle School – 1560 County Road B East, Maplewood, MN 55109

Maplewood North Fire Department – 1530 County Road C East, Maplewood, MN 55109

Miss-Croix Yacht Harbor – 451 2nd St, Prescott, WI 54021

Silver Lake Beach – 2601 19th Ave Ste E, North St Paul, MN 55109

Skyview Middle School – 1100 Heron Avenue North, Oakdale, MN 55128

WBL District Service Center – 2399 Cedar Avenue, White Bear Lake, MN 55110

WBL Senior Center – County Rd F East, White Bear Lake, MN 55110

**Please verify address before attending, some locations may have multiple campuses or similarly named facilities.*

REMINDER FOR CLASS PARTICIPANTS

Please be mindful of your arrival time. Arriving on time ensures a smooth start, but arriving too early may disrupt instructors as they prepare. We appreciate your cooperation in giving them the space they need to set up for a great class experience. Thank you for your understanding!

DONATIONS

Supporting Community Bridge through donations helps sustain valuable programs that benefit the community. Contributions assist in covering program costs, including brochure printing and postage, reduced fees for participants, and special events. Your generosity ensures continued access to enriching experiences for all. To make a donation, please make your check payable to Community Bridge and mail it to Community Bridge Consortium, 1945 Manton St, Maplewood, MN 55109. Every contribution is greatly appreciated and helps make a difference.

VOLUNTEER OPPORTUNITIES

Community Bridge welcomes volunteers! Our events are typically less than 2 hours, primarily early evenings and occasional weekends, and are a lot of fun!! No experience is needed, just a friendly attitude and a willingness to get to know and support amazing people with disabilities in your community! If you would like to become a volunteer, please reach out to Jordi Teillard-Cui with Community Bridge at (651) 748-7252 or jteillardcui@isd622.org

✧ UCare COMMUNITY EDUCATION ALLOWANCE

UCare provides a \$100 quarterly allowance for adults with disabilities in Minnesota to take community education classes. Some members receive this allowance automatically, while others need to opt-in by calling UCare or logging into their online account. Funds are loaded onto a Healthy Benefits+ card and can be used for eligible class fees. To explore class options, check the Community Bridge brochure and use your card at enrollment. For more details, visit healthybenefitsplus.com/ucare or call UCare customer service.

Independent School District 622
2520 E 12th Ave
North St. Paul, MN 55109



Gladstone Community Education Center
Community Bridge Consortium office
1945 Manton St.
Maplewood, MN 55109
651.748.7250

NON-PROFIT ORG
U.S. POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

Name _____ Home/Group Home Phone _____
Address _____ City _____ Zip _____
Group Home Name _____ Emergency Contact _____ Phone _____
Group Home Email _____ ☐ Uses a wheelchair ☐ Requires one-to-one assistance
Medical, seizure, behavioral or other conditions instructor should be aware of: _____

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Total Participant Fee \$		_____

Checks payable to: Community Bridge

Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109

Mailed checks will be handled as a one-time electronic fund transfer or draft.

or Health Benefits+ card # _____ CVV _____ Exp ____/____ Total Charge \$ _____

Visa, MasterCard or Discover _____ CVV _____ Exp ____/____ Total Charge \$ _____

Signature _____ Print Name on Card _____

Staff Attending

# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee \$	_____

Staff fee must accompany registration